

OUTDOOR RECREATION

CANOEING/KAYAKING/TWILIGHT PADDLING

Treat yourself to four weeks of relaxing canoeing/kayaking on the Chesapeake Bay. Learn the proper strokes and techniques from our trained staff. Fee includes four weeks of instruction and all needed equipment. Families welcome!

Activity #	Site	Day	Time	Date	Fee	NR Fee
319921-01	CQP	Tu	5:45pm-7:00pm	4/22-5/13	\$25	\$35

SPRING BLUE RIDGE PARKWAY

Treat yourself to an afternoon of easy hiking on the Appalachian Trail and escape from the city noise into the calm sounds of nature. Trip leaves from Captain's Quarters Park at 6:00 a.m. with a scheduled return time of 6:00 p.m.

Activity #	Site	Day	Time	Date	Fee	NR Fee
319931-01	CQP	Sa	6:00am	4/12	\$25	\$35

EFFECTIVE CYCLING/ROAD

This two-day class will offer instruction on how to become a safer and more defensive cyclist. The class includes both classroom and skills' tests. Class starts Friday, May 14 and ends on Saturday, May 15 with a 20-mile bike ride. Open to ages 18 and over.

Activity #	Site	Day	Time	Date	Fee	NR Fee
319941-01	CQP	Friday	6:00pm	5/14 - 5/15	\$20	\$30

YOUTH SPRING RETREAT

Enjoy five fun-filled days of activities that include games, field trips, swimming and environmental awareness. Open to ages 5 - 12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
319951-01	CQP	M-F	6:30am-6:00pm	4/14-4/18	\$40	\$50

YOUTH/TEEN BACKPACKING/ APPALACHIAN TRAIL

Why not get away from the everyday hassle and join us on a weekend backpacking trip, as you relax and enjoy the great outdoors. All you need is a great attitude and a love for Mother Nature. Gear provided if needed. Trip leaves on Saturday at 6:00 a.m. and returns Sunday at 6:00 p.m. Open to ages 12-17.

Activity #	Site	Day	Time	Date	Fee	NR Fee
419931-01	CQP	Sa,Su	6:00am	7/19-7/20	\$50	\$60